



Emily Luchetti

Green (No Banana) Smoothie

You either like green based smoothies for breakfast or you don't. While I don't have one every day it's a great idea as it gets you started with healthy food first thing. I never add banana as any smoothie made with it gets overpowered with banana taste. Not a good thing. The ice cubes make it nice and cold helping with the texture. Add more water if you prefer a thinner texture.

1 cup Power Greens or any combination of kale, spinach, beet greens, romaine etc.)
1/4 quarter of an apple
1/2 mini cucumber
1/4 cup blueberries
1/4-1/3 cup water
7 ice cubes

Blend all in a Nutri Bullet or blender and drink right away.